



Tools For Action

A sample of physical education initiatives in Wisconsin

Active Start

Contact Information

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Title of Main Contact Curriculum Support Teacher
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School District Name Fond du Lac
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Program Information

Program Name Active Start
Program Category Innovative teaching strategy (new or unique games, curricula, etc.)
Grade Level K-2; 3-5
Assessment Method Impact on behavior (increase in active minutes or miles walked)

Program Information

Products Developed or Materials Used:

Active Start Kit from Polar

Program Description:

Fitness activity that incorporates strength training, muscle endurance, flexibility, body conditioning, and cardiovascular components to improve individual fitness levels regardless of athletic ability.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)

Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)

Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)